



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 11-22-11)

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### 100283 – ORANGES, FRESH, CASE

### Nutrition Information

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>U.S. Grade 1 or better fresh oranges. Size, variety, and case weight vary depending upon the state in which they are grown. Varieties include Navel, Valencia, or Hamlin.</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>38-45 lb case. Each case contains a count of 100-138 oranges.</li><li>One lb AP yields 0.76 lb ready-to-serve, raw, peeled orange sections with membranes removed (about 1 3/4 cups) and provides about 3.50 1/4-cup servings fruit sections with membrane removed OR 0.48 lb (about 7/8 cup) orange juice OR about 3.60 1/4-cup servings juice.</li><li>CN Crediting: 1/4 cup orange sections with membrane removed or 1/2 orange provides 1/4 cup fruit. 1/4 cup orange juice provides 1/4 cup fruit juice.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Store fresh oranges in a well ventilated area, keeping cartons off the floor to improve air circulation and discourage condensation of moisture on fruit. The ideal storage temperature is 40 °F, with a relative humidity of 85-90%.</li></ul>

Orange, 2 5/8 in. diameter

	1 medium (131 g)
Calories	64
Protein	1.19 g
Carbohydrate	16.43 g
Dietary Fiber	2.9 g
Sugars	11.13 g
Total Fat	0.20 g
Saturated Fat	0.02 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.17 mg
Calcium	56 mg
Sodium	1 mg
Magnesium	13 mg
Potassium	217 mg
Vitamin A	324 IU
Vitamin A	16 RAE
Vitamin C	77.4 mg
Vitamin E	0.20 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>• Wash oranges thoroughly before using.</li></ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Serve fresh oranges whole, quartered, or sectioned for breakfast or lunch.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Wash oranges thoroughly before using.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul>

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.